

SRI SATHYA SAI CENTRAL COUNCIL OF SOUTH AFRICA
National Spiritual Wing

S3 – GAYATRI MANTRA

Aum

Name and audible form of God

Bhur Bhuvah Suvah

Bhur, Bhuvah & Suvah refer to body (materialization), life-force (vibration) & soul (radiation). All the three, materialization, vibration & radiation are present in man. I tell you often, you are not one but three: the one you think you are (physical body), the one others think you are (mental body) & the one you really are (Atma) - Baba

Tat Savitur Varenyam

That God (tat), who manifests Himself in the form of light of suns (savitur) is worthy of adoration (varenyam)

Bhargo Devasya Dheemahi

We meditate (Dheemahi) on the Radiance & spiritual effulgence (Bhargo) of the Divine Reality (Devasya)

Dhiyo Yo Nah Prachodayat

May the Sun (yo/He) illumine (prachodayat) our (nah) intellects (dhiyo)... to achieve liberation

Meaning

Oh Mother, who subsists in all the three Kaalas (Time: Past, Present and Future), in all the three lokas (Lokas: Heaven, Earth and Lower Regions) and in all the three gunas (Gunas - Attributes: Sathwa, Rajas and Thamas), I pray to Thee, to illumine my intellect and dispel my ignorance just as the splendrous sunlight dispels all darkness. I pray to Thee to make my intellect serene and bright and enlightened.

AUM – The primordial Word, contains the essence of all the Vedas. Audible form of Brahman (God). Name of God.

BHUR – Bhu Loka (Physical plane). Also refers to the physical body made up of 5 elements

BHUYA – Bhuv Loka (middle world). Bhuv is also Prana Shakti (to vibrate/animate the body).

SVAHA – Swarga Loka (Heaven – the region of the Gods). Refers to Prajnana Shakti which sustains life force

TAT – That, Paramatma, God or Brahman (The Ultimate Reality is simply referred to as That because it defies description thr language)

SAVITUR – Savitha means That from which all this is born. Divine Savitri, equated with the vivifying power contained within the Sun.

VARENYAM – Adorable or fit to be worshipped

BHARGO – The Radiance, the Spiritual Effulgence, the Light that bestows Wisdom

DEVASYA – Divine Reality or Divine radiance or grace

DHEEMAHI – We meditate

DHI YO – Buddhi, Intellect

YO – which / who

NAH – Our

PRACHODAYAT – Enlighten

MANTRA – that which can save you if you meditate on it. ‘Ma’ or Manana (contemplation) & ‘tra’ means ‘saving’. [S Baba, SS, 4/96, p108]
Vision of the Divine, P 88

There are three parts:

- (1) Adoration/Praise to Savitha. The Divine is first praised. (A)
- (2) Meditation on Savitha. The Divine is then meditated upon with reverence. (M)
- (3) Prayer to Savitha (for final liberation through awakening innate intelligence) (P)

SS 9/95 - 236

Gayatri is known as *Panchamukhi*, meaning she has five faces. *Om* is the first face; *Bhur Bhuvah Suvah*, the second; *Tat Savitur Varenyam*, the third; *Bhargo Devasya Dheemahi*, the fourth; *Dhiyo Yo Na Prachodayat* is the fifth.

Sathya Sai Speaks, Volume 33 Pg54 (10 Feb 2000)

Gayatri is that which protects (*thra*) the life breaths (*gayas/pranas*) or the senses (*indriyas*), beginning with speech. Besides, it is said, That one which saves those who sing it, revere it, repeat it, or meditate on it is called *Gayatri*. The mother that is the *Veda (Vedamatha)* will confer all boons on all those who worship Her.

Dharma Vahini, Chapter VII (pg 62)

“Chant Gayatri as often as possible”

Sai Baba, SS, 9/95, p.238

“You should recite the Gayatri at least a few times a day. It will protect you from harm wherever you are – travelling, working or at home”

SSS, Vol X, 1980 edition, P.122

“The Gayatri Mantra is a prayer for the development of your intellect”

SSS Vol IV, P 410 (Discourse Apr 1965)

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“Make it a point to repeat it (Gayatri) when you bathe as well as before every meal, when you wake up from sleep and when you go to bed. And also repeat ‘Shanti’ thrice at the end, because that repetition will give ‘Shanti’ or peace to the three entities in you – body, mind and soul”

SSS Vol X, p 122

“The Gayatri Mantra is addressed to the energy of the Sun, Surya. (Bhagawan is Surya Narayana).
The Gayatri Mantra is considered to be the Essence of the teaching of the Vedas
The person who recites the Gayatri Mantra should ensure that his heart is pure at all times
Sage Vishwamitra discovered the Gayatri Mantra.”

SS Vahini - 184

Bhagawan’s Teachings to Dr Fanibunda are given in his Book “Vision of the Divine”. Main points are:

1. If the Gayatri Mantra is not recited correctly, it has the opposite effect of enveloping the person in darkness.
2. But, if we recite it with Love, God will accept it.

Bhagawan has said that men and women of all climes and creeds can recite the Gayatri Mantra.

Love and reverence for the Mantra and faith in its promised results are far more important than mere mechanical repetition while the mind wanders.

The Gayatri Mantra is a treasure and we must therefore guard it throughout our lives. We must learn to pronounce and recite the Gayatri Mantra correctly and exactly as taught by Bhagawan.

Man has four births. His first birth takes place from his mother’s womb. He gets a second life when he is initiated into the Gayatri mantra. His third birth occurs when he studies the Vedas. He becomes a Brahmin when he recognises the principle of Brahman. This is his fourth birth. One becomes a Brahmin not merely by birth, but by knowing the nature of Brahman. For this, chanting of Gayatri Mantra is very essential.... Gayatri is *sarvadevata swarupini* and *sarvamantra swarupini* (embodiment of all gods and all mantras). It is said, *Gayatri Chhandasam Matha*, meaning Gayatri is the mother of the Vedas. There is no need to chant any other mantra if you chant the Gayatri mantra.

Sathya Sai Speaks, Volume 33 Pg54 (10 Feb 2000)

Gayatri has three names: Gayatri, Savi-tri and Saraswati. *Gayantham Trayate ithi Gayatri* (Gayatri protects the one who recites it). Gayatri is the master of the senses. Savitri is the presiding deity of the life principle. When Gayatri acts as the protector of life force, she is known as Savitri. Savitri protects those who lead a life of *Sathya* (truth). This is the inner meaning. Saraswathi is the presiding deity of speech. Man has to earn the grace of Gayatri, Savitri and Saraswati to sanctify his life....

Sathya Sai Speaks, Volume 33 Pg54 (10 Feb 2000)

Gayatri mantra has three parts: adoration (A), meditation (M) and prayer (P). First, the Divine is praised, and then it is meditated upon in reverence and, lastly, prayer is offered to the Divine to dispel the darkness of ignorance and to awaken and strengthen the intellect. *Dheemahi* relates to the meditative aspect. *Dhiyo Yo Na Prachodayat* relates to the prayer.

Sathya Sai Speaks, Volume 33 Pg54 (10 Feb 2000)

Chanting of the Gayatri mantra purifies the mind and confers devotion, detachment and wisdom... Gayatri is the embodiment of the mother principle. You should chant the Gayatri mantra everyday, in the morning, noon and evening. These are referred to as *Prata Sandhya*, *Madhyahna Sandhya* and *Sayam Sandhya*.... everybody.

Sathya Sai Speaks, Volume 33 Pg54 (10 Feb 2000)

References: <http://www.srisathyasai.org.in/Pages/prayers/prayers.htm>
Sathya Sai Vahini – 184
Sathya Sai Speaks, Vol X, 1980 edition, P.122
Vision of the Divine

Dharma Vahini, Chapter VII (pg 62)
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SSS Vol IV, P 410 (Discourse Apr 1965)